
＂Pape＇s Diapepsin＂fixes sick，
sour，gassy stomachs in sour，gassy stomachs in
five minutes． Time it：In in ive minutes all atomach
distress will go．No indigestion，heart．


 speed tn reguputitng upset stomache．




 Eat what wou hike and digest itt en．en．
toy
the atomact Pape＇s Diapepsin belongs tn your
home anyway．should one of the tam． ily eat something which doesnt tagreo
with them，or in case of an attack of
 during the nitht，it is handy

And the smaller the eirl the larger
the doll necesary to satisy her in－
ctplent maternal instinct．

## 

NEBRASKA STATE NEWS
3

Tho London Gazette．the most aus．
tere and formal or all Engith newsp．
pers，is celebrating tits two hundred

 circles or to those who aro willing to In the ordinary course of events the
$\qquad$


 it turns matye ores ivele green．when
had
had better use another brand．－Rich

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 The citizens of Trenton are arrang，
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The Kearney Country clut has filed
Triteles of Istrict clerk．The club his incorporat
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SHOWS MAMY WTOS


## INITRNATIONAL

 Sundarsciliou LESSONy

Not a Bite of Breakfast Until You Drink Water says a glass of hot water and
phosphate prevents iliness Just as coal，when it burns，leaves
behind a certain amount of fincom－ bustobe material in the form of ashes，
so the food and drink taken day aftor
day leaves in the allmentary canal certain nmount of Indigestible mate－
rial，which if not completely eliminat－ rial，which if not completely ellminat－
ed from the system each day，becomes
food for the millions of bacteria whitch food for the millions of bacterla which
infest the bowels．From this mass of left－over waste，toxins and ptomatine－
like poisons are formed and sucked
tito tato the blood．
$\qquad$ baths，Before eating breakfast each
morning drink a glass of real hot wa－
ter with ter with a teaspoonful of limestone
phosphate in to to wash out of the
thirty feet of bowels the provious day＇s thirty feet of bowels the previous day＇s
necumulation of poisons and toxins
and to keep the entire allimentary caral clean，pure and fresh．
Thoso who are subbect to sick head－
ache，colds，billousness，constipation， ache，colds，billousness，constipation，
others who wake up with bad tase，
tout breath，backache，rheumatic stiff．
noss，or have a sour gass stomach
nftor meals，are urged to got a quarter

$\qquad$ Remember inside bathing ts more
tmportant than outside bathing，be－
causo the skin pores causo the skin pores do not absorb
lmpurities hnto the blood，causing poor
health，while the bowel pores do． Just ns soap and hot water cleanses，
sweetons and freshens the skin．so
so hot water and limestone phosphate
act on the stomach，liver kldneys and
bowels．－Adv．

## The Only One． －Can you propose any ren

## ＂MGCLCARET＂OOR sILCOBHBHOWELS

vo sick headache，sour stomac by morning． Get a r－cent box now．
Turn the rascals out－the headache，
billousness，indlesestion，the sick，sour

$$
59
$$ stomach and foul gases－turn them

tot to－night and keep them out with Cascarets．
Mullong of men and women take a
Cascaret now and then and never Cascaret now and then and never
know the misery caused by a lazy
Hver，clogged bowels or an upset stom． ach．
Don＇t put in another day of distress． remove the sour，fermenting food；
take the excess blle from your liver w

yn

## $=$

wake av
＂Why
＂Becaus
TAKES OFF DANDRUFF HAIR STOPS FALLING

Girial Try This！Makee Halr Thick
Glosay，Flufty，Beautiful－ No

Within ten minutes after an appli－
cation of Danderine you cannot and a slingle trace of dandruff or falling hair Bingie trace or dandruif or faling hair
and your scalp will not ftch，but what
will please you most will be after will please you most will be after a
few weeks use，when you see new
halr，fine and downy at first－yes－buts hatr，
reail
scalp
A ilttle Danderine Immediately dou－ bles the beauty of your hair．No dif－
ference how dult，faded，brittle and
scragey scraggy，just moisten a cloth with
Danderine and carefully draw it
 strand at a time．The effect is amaz－
ing－your hair will be light，funfy and
wavy，and have an appearance of wavy，and have an appearance of
abundance an incomparable luster， softness and luxuriance，
Get a 25 cent bottle of Knowlton＇s Get a 25 cent bottle of Knowlon＇s
Danderine from any store，and prove
that your hair is as pretty and soft ans any－that it has been neglected or
an
infurcd by careless Injured by careless treatment－that＇s
ail－you surely can have beautiful hatr
and lots of it if you will just try a lit and lots of it it you will
the Danderine．Adv．
The traveler wants full tare at ho
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tels，but he
on rallroads．

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